

### ABSTRACT

The present invention provides novel compositions and methods for  
5 lowering blood glucose levels, as well as manufacture processes for  
producing the compositions. Specifically, the present invention provides  
novel compositions that are extracts of the plant *Prunella Linn* and/or  
*Rabdosia (Blume) Hasskarl* containing enriched corosolic acid. Methods of  
isolating corosolic acid at high purity from these plants are also provided.  
10 These extracts and the purified corosolic acid can be used for lowering blood  
sugar levels and reducing accumulation of triglyceride in the treatment of  
diabetes, obesity and related conditions.